

Amendments to the Claims

1. (Currently) Method of treatment for acceleration of a physiological recovery process of a user after a physical and/or mental stressing comprising the step of:
providing an ingestible product including at least 50 mg of L-theanine;
introducing into a person experiencing the user having experienced the physical and / or mental stressing a quantity of at least 50 mg of L-theanine for accelerating the person's regeneration from the stressing the ingestible product.
2. (Cancelled)
3. (Currently amended) Method of claim [[2]] 1, wherein the quantity of L-theanine is not greater than 200 mg.
4. (Currently amended) Method of claim [[2]] 1, wherein L-theanine the ingestible product is administered in the form of a foodstuff with L-theanine as an additive.
5. (Original) Method of claim 4, wherein the foodstuff is a functional food notionally divisible into a plurality of preselected portion, with each said preselected portion having an L-theanine content of from about 50 mg to about 200 mg.
6. (Currently amended) Method of claim [[2]] 1, wherein L-theanine the ingestible product is administered in the form of a complete drink having an L-theanine content of about 100 mg or of about 600 mg per liter.
7. (Original) Method of claim 1, wherein the L-theanine is selected from the group consisting

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of an enzymatically recovered γ -ethylamino-L-glutamine, natural L-theanine and mixtures thereof.